



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>8:00-9:00 AM</b> <b>Cardio Tennis</b> Co-ed, All Levels	<b>8:00-9:00 AM</b> <b>Grinder</b> Co-ed, USTA 3.0+	<b>8:00-9:00 AM</b> <b>Charger</b> Co-ed, USTA 3.0+	<b>8:00-9:00 AM</b> <b>Toolbox</b> Co-ed, USTA 3.0+	<b>8:00-9:00 AM</b> <b>Cardio Tennis</b> Co-ed, All Levels
<b>9:00-10:30 AM</b> <b>Longfellow Tennis Academy</b> USTA 4.0-5.0 or DBH 2, 1A, 1	<b>9:00-10:30 AM</b> <b>Longfellow Tennis Academy</b> USTA 4.0-5.0 or DBH 2, 1A, 1	<b>9:00-10:30 AM</b> <b>Longfellow Tennis Academy</b> USTA 4.0-5.0 or DBH 2, 1A, 1	<b>9:00-10:30 AM</b> <b>Longfellow Tennis Academy</b> USTA 4.0-5.0 or DBH 2, 1A, 1	<b>9:00-10:30 AM</b> <b>Longfellow Tennis Academy</b> USTA 4.0-5.0 or DBH 2, 1A, 1
<b>10:30 AM-12:00 PM</b> <b>Longfellow Tennis Academy</b> USTA 2.5-3.5 or DBH 3, 4	<b>10:30 AM-12:00 PM</b> <b>Longfellow Tennis Academy</b> USTA 2.5-3.5 or DBH 3, 4	<b>10:30 AM-12:00 PM</b> <b>Longfellow Tennis Academy</b> USTA 2.5-3.5 or DBH 3, 4	<b>10:30 AM-12:00 PM</b> <b>Longfellow Tennis Academy</b> USTA 2.5-3.5 or DBH 3, 4	<b>10:30 AM-12:00 PM</b> <b>Longfellow Tennis Academy</b> USTA 2.5-3.5 or DBH 3, 4

**\$30 - Cardio, Grinder, Charger, Toolbox**

**\$45 - Longfellow Tennis Academy**





## **Longfellow Tennis Academy**

The pride and joy of our adult clinics! LTA brings back the joy of being a junior at the club - but for adults. This class is designed to refine your strokes with focused technical coaching, beyond the typical drill-and-play format.

## **Cardio Tennis**

A high-energy workout that blends tennis with cardiovascular fitness. This upbeat, social class is open to all ability levels and delivers a full-body workout while helping you train for the sport.

**Grinder:** Sharpen your groundstroke consistency - the backbone of winning tennis. Think Rafa...

**Charger:** Master the art of all-court and net-rushing play. Take control of the point and pressure your opponent. À la Federer...

**Tool Box:** We'll work on every shot in the book so you're prepared for any situation on court. No stone left unturned!

